

1



TOWEL SLIDES - INVERSION

While seated, use a towel and slide it with your foot across the floor in an inward direction.

Be sure to keep your heel in contact with the floor the entire time.

****If it is too easy with just the towel, add a bag of rice to the towel**

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

2



TOWEL SLIDES - EVERSION

While seated, use a towel and slide it with your foot across the floor in an outward direction.

Be sure to keep your heel in contact with the floor the entire time.

****If it is too easy with just the towel, add a bag of rice to the towel**

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

3



TOWEL CURLS

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

****If it is too easy with just the towel, add a bag of rice to the towel**

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

4



Single Leg Balance

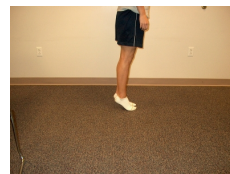
Single Leg Balance

Pick up one of your feet behind you so that you are standing on one leg. Stand up tall and look straight ahead. Repeat on other leg.

Do this in front of a counter for safety.

Repeat 3 Times
 Hold 30 Seconds
 Complete 2 Sets

5



ECCENTRIC CALF RAISES

With foot pointed straight, slowly raise up onto toes, hold 2 seconds, then on only your affected leg lower yourself to the starting position.

Repeat 15 Times
 Hold 2 Seconds
 Complete 2 Sets

6



SQUATS - SINGLE LEG

While standing on one leg in front of a stable support for assisted balance, bend your knee and lower your body towards the floor. Return to a standing position.

Knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

7



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

8

HIP ADDUCTION - SIDELYING



While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

12

CALF STRETCH WITH TOWEL



While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

9

PRONE HIP EXTENSION



While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

13

STANDING CALF STRETCH - GASTROC



Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

10

STRAIGHT LEG RAISE 2 - SLR



While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.

Repeat 15 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 1 Time(s) a Day

14

STANDING CALF STRETCH - SOLEUS



Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of

Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

11

Toe Series - Toe Yoga



Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

- 1) Lift the big toe, keeping the little toes planted on the floor.
- 2) Lift the little toes, keeping the big toe planted on the floor.

Repeat 15 Times
 Complete 2 Sets
 Perform 1 Time(s) a Day

your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

15



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

16



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day